



Serves: 4

Seared Cod with Orange Dressing

Ingredients

- Cod fillet 600g
- Salt, to taste
- White pepper ½ tsp

Orange Dressing

- Orange juice 120ml
- Olive oil 2 tsp
- Lemon juice 4 tsp
- Yogurt, low fat 2 tbsp
- Tomatoes, diced 120g
- Cucumber, diced 120g

Tips:

- Enjoy the edible skins of fruit and vegetables as they provide additional fibre and nutrients.
- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Oily fish (e.g. salmon, sardines and mackerel) contain omega-3 fatty acids which helps prevent heart disease and stroke.

Method

- Using a hand blender, process all ingredients (except vegetables) for the dressing.
- Toss diced tomatoes and cucumber once dressing is ready. Keep chilled for 10 minutes.
- Rub cod fish with salt and pepper.
- Sear cod till it turns slightly brown.
- Transfer to a rack and continue to cook in a pre-heated oven at 190°C for 4 minutes.
- Serve with dressing.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 175kcal

Protein 27.8g

Total fat (g and % of total calories)
3.8g (19.8%)

Saturated fat 0.7g

Cholesterol 65mg

Carbohydrate 6.6g

Dietary Fibre 0.7g

Sodium 234mg